

1. Name of the classes: *Acrobatics*
2. Type of the classes: *exercise classes*
3. Form of the evaluation: *graded credit*
4. Term: *summer term*
5. Suggested number of hours: *15*
6. Syllabus:

*The subject aims to give the knowledge about theory and practice of the basic acrobatics and using it during physical education lessons /varied levels and age – groups/ and other classes. The subject includes various kinds of the gymnastic and acrobatic exercises for warm – up and cool – down. Apart of this technique and methodology of the acrobatic elements and arrangements teaching process. Apart of it the basic rules of the acrobatics events organization.*

7. The results of education: *The competence for teaching various acrobatic elements and arrangements during physical education lessons /varied levels and age – groups/ and other classes.*

8. Description of the first- and second- qualifications level:

*I level: The competence for teaching basic acrobatic arrangements during physical education lessons and other classes.*

*II level: Higher standard of the knowledge - the competence for teaching more difficult acrobatic arrangements during physical education lessons and other classes.*

9. Organizational unit responsible for the course: *Department of Gymnastics and Dance.*
10. Course teacher: *dr Mirosław Kost.*
11. Course conditions: *group classes.*
12. ECTS points: *3*